

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

Effect of Therapeutic Touch with the method Cranio Sacral Therapy on the severity of Chronic Low Back Pain in Nurses

Protocol summary

Study aim

The purpose of this study is to survey Cranio sacral therapy on therapeutic touch on chronic low back pain in nurses. All nurses working in the clinical departments of Kashan Shahid Beheshti Hospital, who have criteria for entering the study, will be divided into two groups: intervention and control. First, The samples will complete the McGill questionnaire, then in the test group, Cranio Sacral Therapy will be performed for 8 weeks and weekly 2 sessions. The control group will receive no treatment in the same time period. Then, the intensity of pain will be measured immediately and one month after the intervention. In the end, the two groups will be compared

Design

Intervention

Settings and conduct

A sample of 60 subjects who have entered the study and who are working in the clinical units of the hospital will be in control and test groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: have non specific chronic low back pain; have not damage in low back pain; have complete satisfaction to participate in the study; have Score 4 or higher than the visual scale of the pain; clinical activity in each department of the hospital. Exclusion criteria: using analgesics for low back pain during the study; unwilling to participate in the study; missing more than two sessions; use of other complementary therapies during study.

Intervention groups

Cranio Sacral Therapy will perform two day a week for 8 weeks in intervention and nothing in control group.

Main outcome variables

Severity of Pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111210008348N37**
Registration date: **2018-05-02, 1397/02/12**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-02, 1397/02/12**

Update count: **0**

Registration date

2018-05-02, 1397/02/12

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-25, 1397/02/05

Expected recruitment end date

2018-07-27, 1397/05/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Therapeutic Touch with the method Cranio Sacral Therapy on the severity of Chronic Low Back Pain

Public title

Effect of Therapeutic Touch with the method
CranioSacral Therapy on the Chronic Low Back Pain

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Have non Specific low back pain Have not Injury in low
back Have Complete Satisfaction to participate in the
study Have clinical activity Have a Score higher than 4 of
the visual Analog Scale

Exclusion criteria:

Pregnancy Use of other Complementary therapies

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization of test and Control groups is done using
quadratic random blocks method using software

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

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Kashan,Ravand Street,Kashan University of Medical
Sciences

City

Kashan

Province

Isfahan

Postal code

8715981151

Approval date

2018-03-17, 1396/12/26

Ethics committee reference number**Health conditions studied****1****Description of health condition studied**

Cranio Sacral Therapy

ICD-10 code

Z50

ICD-10 code description

Care involving use of rehabilitation procedures

Primary outcomes**1****Description**

Severity of Pain

Timepoint

Before,After and 1 month After intervention

Method of measurement

Mac Gill questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

In intervention group, Cranio Sacral Therapy will perform
two day a week for 8 weeks.

Category

Treatment - Other

2**Description**

in the Control group, no intervention will not perform
during 8 weeks

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Clinical Wards in Kashan Shahid Beheshti Hospital

Full name of responsible person

Neda Mirbagher

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Kashan,Ravand street,Shahid Beheshti Hospital

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kashan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ph.D

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Confidential

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable